



**A bag-battle
burst**
Event separates
beats from
the beat on-line
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Keel for the
underdogs**
Candor-fox
debates champs
after 2-1 loss.
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HIGHWAY, MARCH 21, 2001

CONISTOGA COLLEGE, NICHOLAND, ONT

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43RD YEAR - NO. 16

LRC changes on horizon

By JOANNE MASON

Last semester the Library Resource Centre conducted its first library quality survey. A standardized online voluntary and confidential survey from the Association of Research Libraries, it helped measure several aspects of the quality of library services, resources and spaces.

The majority of responses comments related to library services pertained to the polite demeanor and helpfulness of the staff.

"One positive point wrote 'I have always found the employees in the library very helpful. I have learned more paper skills and have been out of school for 18 years and the staff are very patient with me. It makes the library experience more pleasant.'

Rachel Gidyczuk, information services coordinator, said, "Gaining the feedback from the student population has helped solidify ideas that we are aware of. What's working well and what needs to

improve over time."

Another participant wrote, "I have always been impressed with how willing the LRC has been to find material to support course content and the research projects to which my students have been assigned."

While there were a number of general comments from participants relating to the LRC's resources (not asked my computer) some did back was more specific, such as requests for more and my most recent comment in regard to books of poetry.

"A wider selection of journals for current students would be great," one person wrote.

These requests included more electronic as well as printed subscriptions such as a Books and other journals.

"When I have gone into the library, expanded journals, books, online, websites where are things I would use if there were more to go around," one respondent wrote.

By JOANNE MASON

HERE'S HOPING SOMEONE WILL PONY UP A CARROT



more on student activities

A few students brave the cold and rainy weather in hopes of a carrot and a friendly bowl of Whitefish Park's potting room on March 20. Now that it is spring, and the weather starts to heat up there and inside will be added to the fun, and more visitors will come with vegetable plants for all.

Performance anxiety group to begin again this fall

By NATHAN MENDHAM

Students at Conestoga College who might be a quiet, nervous, but anxiety public speaking anxiety or performance anxiety when they're out on their placements are not alone.

This is why the performance anxiety group which has been running as the Dean's campaign for several years now, will be starting up again this fall.

The group meets in both the fall and winter semesters over a two week period, for 90 minutes on day is used to go over strategies of what can be helpful to deal with stress and anxiety.

"The purpose of the group is

not to eliminate anxiety," said Shanna Norwood, one of two co-leaders at Conestoga College who facilitates the group. "It's normal to have a bit of anxiety. It makes you more alert what you're doing. It helps to motivate and improve confidence too. But we talk about what anxiety affects performance and we also talk to help let about anxiety and then we start adding that sometimes it can look like they're looking scared or fearful about their situation."

Because of this the performance anxiety group puts a lot of focus on what the physical symptoms of anxiety are as well as on the role of automatic

thoughts.

"All of us have automatic thoughts," said Norwood. "We teach that what we think affects how we feel and so if somebody is saying 'Oh, no, I'm going to fail this test,' or, 'I can't be a professional,' I'm going to learn the process that's going to learn the process that's going to affect how they feel."

Turning this into confidence, the performance anxiety group looks at specific examples of what people might be thinking if they're feeling nervous about a test or about public speaking or anxiety. But it also talks about performance and how behaviour affects anxiety. According to

Norwood, it can be really helpful to learn relaxation strategies such as deep breathing, visualization and progressive muscle relaxation.

The overall goal of the group is to normalize anxiety and let students know they're not alone. But it also has a special focus of preparing students for tests, public speaking and placements by giving them a set of skills they can rely upon when on campus.

"We try to do it before exams so before finals so that they (students) have their strategies that they can rely upon in their tests or their major assignments and their presentations and stuff like

that," said Lynda Alexander, Norwood's other co-leader who facilitates the group.

"I think most people want to learn, but because of their scheduling - to find a moment time for everybody is really hard," she added, explaining that the schedule of students who are interested are what determines when the group will meet.

Advertising for the next performance anxiety group will begin next fall. Students who are outside or make the group meetings are always welcome to book private appointments with a counsellor by contacting Rachel Alexander or calling 519-748-3330 ext 3380.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

Who is your least favourite celebrity and why?



"It's a tie between Justin Bieber and Chad Kroeger because people think that's what Canadian music is all about."

Kasey Babine,
Biology
student and sports team manager

"Lady Gaga: She has terrible fashion sense."

Bonnie Wang,
English
TV broadcasting



"I can't stand Justin Bieber. It's hard to say why, it's the way he is, his personality."

Kelli Swagell,
English
computer engineering

"I hate Bieber. I despise him, everything about him."

Shanelle Wickness,
second year
Business and health promotion



"If I had to say, I would pick Robt Bryson. He just drives me up the wall."

Supriya Gaur,
first year
accounting and business information technology



"All of them. I'm not into all celebrities. There are more important things in the world."

Emma Smith,
second year
early childhood education



Changes must include more space

(from page 1)

Difficultly navigating the LRC's website for locating relevant research resources and difficulty using the library's online resources (in article databases) was also noted.

"The library staff are very helpful, however online research resources are hard to navigate clearly and time-consuming to find what I need."

One major problem the LRC has is space.

The scarcity of community-based space means related to Conestoga's student population, overcrowding the current LRC facility, overcrowding during peak hours and lack of designated quiet study spaces.

"Students want their voices to be heard," said Caldwell.

In 2010, consolidated survey data helped form up some more the additional tables for more study space in the front of the LRC. The staff will be participating in space planning at the Deen campus in the coming year. They are hoping for more study spaces throughout the campus to suit different learning needs and preferences as well as

more meeting rooms in various locations.

"I feel that the library is too small for the growing number of students each year."

**Students want
their voices
to be heard.**

— Rachel Caldwell

"I think the library is set out in an orderly and logical fashion but there is no space to work because of the lack of tables. Five days in advance there are hardly ever rooms available to work on group projects together."

In 2009 the LRC created the quiet space study tables and laptop plugs and a wireless from the nursing program from Security Services when the LRC is closed. The quiet space study is now available after hours as well.

The LRC recently purchased more individual carts for use of the quiet study

areas which should help reduce the number in class.

There is a higher demand for quiet group study spaces to accommodate different learning styles and needs," said Caldwell.

The opening of the Cambridge campus in Fall 2011 will alleviate some overcrowding during the academic year.

The library staff is not asked for major improvements in the near future, but is continuing to review layout and format tips.

To avoid crowded and noisy areas in the LRC students are encouraged to use the library during non-peak hours. These include early mornings, late afternoons, evenings and weekends.

Students are also encouraged to purchase the message of the college's Respect Campaign, by showing respect for one another and keeping rooms clean.

"Students have every right to ask their peers to keep their conversations quiet. They should feel empowered to speak their mind in a respectful manner," said Caldwell.

"Everyone is here for the same purpose, we need the cooperation of our community."

Cartoon about



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or online at www.conestoga.ca/orientation

Student Life
Where we make it work

Henna tattoos cover Conestoga students

By Mandy Liverance

The temporary commitment of henna tattoos found its way to the halls of Conestoga College.

Jessica Raschel, a first-year public relations student, used her talent and passion for getting students henna tattoos of a table set up in the Student Life Centre on March 9 and 11.

The event, Design for Difference, was a class assignment and fundraiser for the annual youth production celebration. With a \$5 minimum donation for each tattoo they raised \$110.

There were many designs to choose from, but Raschel was

open to other plans as well. From common flower and pattern designs on hands, to dragon, elephants and written quotes Raschel impressed customer after customer with her artistic ability.

"I do it for the satisfaction of a job well done," Raschel said. "It makes me feel as good at the end of the day."

With two stop students dropping by both days, Raschel and Jessica Helen, another first-year public relations student, worked hard to make sure no young students as possible had their chance to get a henna tattoo.

"Henna is such a beautiful and natural way to express

yourself," said Tiffany Fox, a first-year pre health science student who had shown up both days for her turn at getting decorated.

Raschel doesn't just do henna tattoos as fundraisers. She also has her very own business called Potentially Henna. She sets up at local markets and festivals and can be booked for parties. She charges \$30 an hour with a two-hour minimum and can set up at any type of party.

After taking a course offered on Kitchener, Raschel realized her passion for henna tattooing and she has been practicing her technique for over a year

and a half.

"I've done so many designs I can't even count anymore," said Raschel. "I do at least one as myself a week."

The henna plant contains a dye called lawsone which reacts chemically with the proteins keratin that is in hair and skin. As a result, it stains, in that hair and the skin naturally sheds away. The stains it a great idea for those thinking about getting a real tattoo, but are uncertain about the commitment or seemingly painful process.

The traditional form for applying henna as a temporary form of skin decoration is called mehndi. It's traditionally

applied for weddings, festivals and other special occasions.

Those who have tried mehndi will have noticed the cool sensation it gives the skin. The use of lawsone warms or what we know as henna started out as a way for people to cool down while in the desert. It was found that one large dot in the center of the palm was effective enough, but women began to get creative with designs and the art of henna tattooing has grown into something fashionable.

Anyone interested in booking Raschel for an event, or if you have any questions, you can contact her at mmandy@conestoga.com.



PHOTO BY MANDY LIVERANCE

Jessica Raschel gives Tiffany Fox a henna tattoo during a Design for Difference fundraiser table by public relations students as a class project. The event was held in the Student Life Centre March 9.

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SMILE DAY

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WALK A MILE DAY

What's it like living in the shoes of someone different from you?

Learn about some of the experiences and challenges of other Conestoga students from the perspective of our Respect Panel!

DIFFERENCES DAY

Celebrate the differences in respect between cultures!

Hosted by the English Language Institute, Level IV program, celebrate what respect looks like in different cultures!

POSITIVE DAY

How can you brighten someone's day with a positive act?

Get some ideas of positive acts of kindness you can perform for your friends, classmates and teachers to show how much you appreciate them!

GAMES DAY

It's April Fools! Come play with us!

Play the interactive Respect games in the Lower Atrium and explore the importance of respect!

Monday

Tuesday

Wednesday

Thursday

Friday

11AM - 1PM DAILY

DOON CAMPUS

www.conestogacollege.ca/respect

Hosted by
GO! Student Life

and the
Respect Week
Committee

College can compete on any level

By ALANNA-CHLOE HARRIS

It's inevitable that universities scored a few points of one or the another, thanks to their achievements and their efforts to public and community relations departments that make sure we know about them. But that doesn't mean Conestoga College is taking a back seat.

Some people think that students who come out of our program have received a more credible education than college students. We disagree, as what separates a graduate from a university is based on experience, which is an essential aspect when applying for a job. Both universities are important, one teaches more theory, while the other teaches you practical skills. We think the two could be more important than the first.

Conestoga students have proven they can compete with the "big boys."

Conestoga's modern and dynamic engineering degree program passed this when it was the only and largest degree program that competed in the Science Degree program of the Ontario Engineering Council, and won.

Held in London this year, this competition was an annual event that gives the best engineering students the opportunity to showcase what they've learned.

The Conestoga students took a win in the national competition and did so proud, placing second and receiving an award for innovative design.

Our success doesn't stop there. A team of three-year Conestoga business management students were ranked No. 1 in the world for two weeks during a Business Strategy Game competition spanning 501 universities and colleges.

Success should continue to come our way, with a few changes and additions allowing for more students. In fact, it is predicted we'll soon have for 50,000 full-time students and 800 new spaces for apprentices.

Conestoga students have proven they can compete with the "big boys." And, as the college continues to grow and offers more programs, we will continue to excel — as competitors and as the workplace.

The above letters represent the position of the majority, but not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. The unsigned letters will be published. Letters should be no longer

than 500 words. Spoke reserves the right to edit any letter for publication. Address or e-mail should be The Editor, Spoke, 2891 Bruce Valley Dr., Room 123B, Kitchener, Ont., N2G 0N4.



WikiLeaks wharrior-blower, Bradley Manning, no longer has to sleep naked, as he has been given an anti-nude snack.

'Butt'-ing out the ban

Should tobacco take this battle back? According to a private member's bill that was introduced in the House of Commons the week of March 19, it is those tobacco products that are not possible to regulate.

I believe that it is time to stop looking at what makes smoke, and instead start looking at how these products are as accessible. Bill C-52, which came into effect in July 2010, banned products from being sold individually. The primary goal was to make these flavored products harder to smoke by mouth. The idea is sound, once the tobacco taste of having mouth made them more likable. However, this debate addresses the big issue — how were the kids getting the tobacco in the first place, and why was there no means of punishment in case of use in their hands?

The fact that cigarette companies target younger adults seems to be a big surprise. It is both smart and more common, but the tobacco companies do have people start young, even before the age of 18, so it's always and the way of what law is being either ignored, and the potential for hiding out.



Ashley Kelle
Editor

However, it is not the case that the law barely addresses the power issue of tobacco products by those under the age of 19.

I think what the government is trying to do is discourage, but kids will smoke for the sake of smoking. The problem is stopping them from getting the tobacco in the first place.

Bill C-52 is a good first step. However, regulations need to go further and make it impossible for youth to buy and possess tobacco products. The new private members' bill that was introduced the week of March 19, Bill C-52, only works to get rid of flavored products and doesn't deal with the problem of youth smoking.

Everyone should have to show photo ID when they buy cigarettes or other tobacco products, regardless of age, and every single pack of cigarettes should have to be scanned. If there were a gas

station system that could compare the number of ID scans to the number of tobacco sales, there could be tighter regulations on these sales, and places that sell tobacco products were more explicit about the presentation of identification it would be much harder for youth to get the tobacco in the first place.

I know that such a world would not be designed or done, but I'm allowed to dream.

Another thing that I would like to see is a change in the laws surrounding tobacco possession by youth. There should be further penalties and fines for anyone under the age of 19 caught with tobacco products. Nothing would make me happier than to know by a high school at lunch time and see a police officer handing out tickets to the students who had stepped out for a smoke.

The goal is to stop youth smoking in a great way.

But Bill C-52 is a waste of time. Youth will still smoke, and it is impossible for them to possess the tobacco will keep puffing right along.

SPOKE

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Take the wellness challenge

By EMM PARSON

It's difficult to find time to work on your health when you're in a full-time student. Health Services knows that, so they are challenging students to challenge themselves by setting positive and achievable goals to better their health by participating

in the 2011 Wellness Challenge. You could even win a prize.

Students will set two goals for themselves and put up wellness boards in their "bunkies" to help motivate and keep them on track.

Some good goals to think about accomplishing would include making changes to

eating habits, whether it be taking something out of your normal diet or adding something to it, making a plan to go to the gym twice a week, or if you already go twice a week, increase it to three times.

The goals you set don't necessarily have to be about helping your physical state, but also your mental and emotional. "We hoping some people will include things sexuality and stress management when setting their goals," and co-ordinator Terese McQuillen. Practising safe sex, improving relationships, getting used to and learning about sexually transmitted diseases, body image counselling

and getting the HPV shot were all examples she used for this type of goal.

The Wellness Challenge runs until March 31 and during that time some of the recreation and leisure students will be leading some fun activities such as a game of Twister, yoga classes or a lunch time walk.

"Playing We Fit every day would be a great goal for the challenge because it's a lot of fun," said co-ordinator Sarah Macintosh. "I would also try to eat more fruits and veggies."

There are also many resources available to students to help them stay active and work on nutrition, substance or sexuality

issues such as the recreation centre, counselling services, nutrition counselling and Health Services' weekly integrated relaxation testing. HFI also has an on-campus resource.

This is only the second year of the Wellness Challenge and McQuillen is hoping that at least 50 students participate. Some of the prizes available are a signed Recreators jersey, stick and two backpacks and water bottle kit from the recreation centre and the bookstore.

To sign up for the 2011 Wellness Challenge, email your two goals, contact information and partner's name to terese@hfi.concordia.ca or to

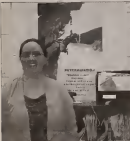


PHOTO BY EMM PARSON

Terese McQuillen is the co-ordinator of the 2011 Wellness Challenge, and has created a Facebook event page for more information. Visit the Health Services page found on the Concordia website for good ideas.



PHOTO BY TERESA MACINTOSH

The health and wellness program is promoting methods and activities to keep you healthy and active during Health and Wellness Week at Concordia.

Technology lab a quiet place to learn

By LARISA KOSOVSKI

Students learn at their own pace and in their own way. Concordia College recognizes this and is dedicated to helping all students. For those students who have a learning disability the adaptive technology lab at Dana Campus is a learning playground for its students who need to use computer software to help them read or write.

"It's a place where students go to get accommodations," said Larissa Wilson, a computer technology consultant. "It's also a place where they can do their tests with the electronic devices and access specialized software as one picture."

The lab is located in Room 3415 and is open Monday-Thursday 9:30 a.m. to 5 p.m., Friday, 9:30 a.m. to 4 p.m., and Saturday, 10 a.m. to 3 p.m.

The lab is available for students who are registered with Disability Services. To get technology in certain software

you must make an appointment beforehand, otherwise the lab is open for the students to come and go.

"We help them in any way we can," said Cheryl Laro, an adaptive technology specialist. "We assist help them with their assignments, they have to learn that on their own. We help them with the equipment and how to access the software."

The idea is to put them to be independent, so after the training they come and use it by themselves," said Wilson.

Laro said it is a good place for the students to come train, away from the noise and distractions in the classroom.

The lab offers assistive software programs for the students to use. The most common is called Kurzweil 3000.

"The computer will read your textbooks and your notes," said Wilson. "It can also read publications and has dictionary definitions built



PHOTO BY LARISA KOSOVSKI

Lara Hupic, a first-year general arts and sciences health studies student, makes study notes to put on her notes in the adaptive technology lab on March 5.

right in."

Stephen Naturally Speaking is another popular software program.

"Stephen Naturally Speaking is a voice to text, so you talk

and the computer types," said Wilson, adding that some students may have a cognitive processing issue and can't type type. "Some are learning disabled because of their spelling

and grammar. Stephen always spells correctly."

Wilson said doctors and lawyers use the program to transcribe their notes.

A third program, DragonReader, is written specially for students who are doing homework at home or during hours when the lab is closed and cannot afford to purchase it.

Baroncel NaturalReader is a free download from the Internet. Aside from computer software the lab provides tools such as screen magnifiers, large font keyboards, screen keyboards, alternative mouse devices, Braille printers and large adjustable tables.

"Your pathway to independent work, academically speaking, is the lab, whether it's the software, the hardware or the alternative," said Brown, Wilson said.

"We try to make the environment as friendly as possible so that they feel comfortable coming here," said Laro.

Talking to books on a Saturday afternoon

By LISA SLADEN

On a rainy Saturday afternoon, there were strangers speaking with open hearts about their child abuse, incest and sex and roller derby.

And they were doing this to raise awareness to challenge stereotypes by speaking with someone who you would not normally speak to and to learn something new.

It was all part of the Kitchener Public Library's annual Human Library event, where the books were people. At the event, held March 6 at the Country Hills branch, participants signed up individuals to hear their personal stories and meet one on one in the meeting rooms of the library. Rather than standing a lecture, participants were encouraged to ask questions and have a conversation with their subject.

I approached the desk draped with a large Human Library banner, and flipped through a book listing what topics were available. I selected topics such as living with epilepsy, parenting a child with an eating disorder and memory, a Black and White, where readers could speak to a Muslim woman to the question to cover her head and then to support of her faith.

I picked out a book, signed out a name and immediately, my name was on a laptop applicable. I was now referred to as "the reader." The library staff spoke to me as delicate women as they were called my "book." Of course, walking toward me with her hand extended my "book" smiled, shook my hand and led me into a meeting room nestled in the back corner of the library. There were tables set against the walls, a "book" sat at each one.

I sat down at a table across from Ann Moore. Dressed in a large apron jacket, Moore spoke of what the day had been like when I was her little "reader."

The conversation quickly travelled from why she got involved in the event to being a gay parent. With her arms and smile, her, the conversation had the feel of old friends, catching up over coffee.

Moore told me about her 12-year marriage

to a man, and the two children they had together. She spoke of how she had a great life, but something just wasn't right.

"For me, it was Sunday 90 I asked myself, why am I not feeling fulfilled?" she said.

She separated from her first husband and started her life over. Unintentionally, there was the period of soul searching, re-examination and questioning. That period motivated Moore explaining to her children that she was gay. Her children, then five and seven years old, took the news in silence, and my more and more questions in the weeks following.

Between doing and being a single parent, Moore said that the obstacles she faced as a gay parent were not drastically different than those of any one else.

Challenges with divorced parents, whether gay or straight, are pretty much the same," Moore said. I thanked her for her time, took her photo and returned to the desk with the booklist of topics.

Next, I sat with Harry Weiss. This was the first time Weiss had taken part in the event.

I was asked and I gave him the opportunity to share some of the things that have happened to me," Weiss said.

Telling his story of being a dispatch rider in the Second World War, the 87-year-old was decorated in a military honour, his medals wrapping around his chest as he spoke. Seated on the table in front of him was his autobiography, and book, *The Dispatch Rider*, as well as newspaper clippings and pictures of armed combatants for his time in the service.

Stationed in Italy, Weiss captured in November 1943 and was discharged in February 1945.

"I was out of the army with the confidence that there isn't anything that I can't do," Weiss said.

He often spoke at Remembrance Day ceremonies, telling stories of Canada at war.

With the satisfaction of his type people knew that the Canadian soldier was different and normal. We never went in as conquerors, we went in as peace bringers," he said. "We tried to save lives."



PHOTO BY LISA SLADEN

Ann Moore, second person for the Kitchener Public Library into the annual Human Library event at the Country Hills branch in March 6.

Moore Ann Moore was on hand to talk about her experience as a gay parent.

Moore left Harry Weiss speaks of the event about his time as a dispatch rider in the Second World War.



books he better than how we found it."

With his warm blue eyes peering through his glasses, he looked forward and looked through his book, stopping at a picture of him and his wife from the 1940s.

"There was three guys that say her when I came back from the war. I had to chase them off," Weiss said, his mouth, proudly turning upward into a smile.

And his eyes rolled and his speech slowed when he spoke of how she passed away in 2006, after 57 years of marriage.

It was then that he decided that he would take advantage of every opportunity he opened a green clipboard lying on the table in front of him. People were people, people the book. On the top of the first

page, the words, "This is the time to do something new, something that I have never done before." Before that was a list of months, with asterisks he had participated in, including a meeting a man who was a volunteer in October 2008 and giving a book the following month. Next to giving the book, he wrote, "I was not the best." And he himself was the only part in the Human Library event would make that list.

To get involved with the event, interested parties apply and are then called on for a 15-minute interview, where library staff assign them as a conversation.

"We want to make sure that they're comfortable sharing their story," said Sheri Buchanan, events planner for the library.

The RFL then creates topic, books and strategies to help the challenges that may arise.

"The book has been approved, if they're asked a question that they're not comfortable with, they can say 'I'm sorry, but this topic is sensitive or that chapter is not in the book,'" Buchanan said.

And the library gets some support, in the form of resource materials.

A worldwide organization supporting libraries and schools with setting up their own events, Human Library started in December. The event made its official debut at the Bookade Festival in 2008.

When that, countries around the world have set up their own events.

Buchanan said there are a number of reasons why people would sign up to talk to a stranger.

"Some people are wanting to understand a topic that might be unfamiliar to them, some people are aware that they have a prejudice and would like to change it, and some people are just very curious based on the topics offered that day," Buchanan said.

The next library event will be held in September at the Wood at the Street Festival. And the library is always looking for people willing to take part.

Everybody has a story, there are always new topics to be shared and shared," Buchanan said.



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CONESTOGA
STUDENTS INC

Conestoga celebrates national co-op week

By SARAHANNA BOURGESS

Happy National Co-op Week! This week, schools across the province are celebrating their co-op students and employees, and Conestoga College isn't going to be left out.

Every year Conestoga presents an award to the co-op students of the year and the co-op employer of the year. The students receive one chosen based on numerous factors by their employer, and employers receive one nominated by the students they have employed.

The 2012 students of the year winners are George Beter for the School of Management, Ken Reeves for the School of Engineering and Information Technology, and Shelly Pinski for the School of Health, Life Sciences and Community Services. The winners and all nominees will be honoured during an awards ceremony on Thursday at 5 p.m. at the Secondary. The ceremony will be attended by not only co-op employees and students, but also by dozens of staff and faculty including Conestoga's president, John Tibbitts.

"It's a recognition by the college that co-op is really important to a college career," said Pamela Hainley, the director of co-op and career services for Conestoga.

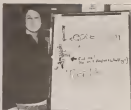
"We're also doing an appreciation event after the awards ceremony to thank employees for their time and students for participating," she said. The reception takes place right after the ceremony.

Students who won awards at Conestoga are also presented for provincial and national awards, including the Education at Work Ontario award and the Canadian Association for Cooperative Education student of the year award.

"This year we didn't have a winner from Conestoga," said Hainley, "but last year we had two."

The benefits of workplace experience for students are huge, but students aren't the only ones who benefit. Employees get out-of-office temporary employees to help with seasonal work or short-term projects and they show themselves to be an employee of choice. They also get to contribute to the education of Ontario's future workers, and if it isn't that soft enough, they can also get tax credits.

Co-op is an ever growing part of post-secondary education. The number of co-op programs at Conestoga has more than doubled over the past five years. Workplace experience is an invaluable part of education, and National Co-op Week seeks to make sure everyone knows it.



Reb Sanders was the host of a laparoscopic fund fold in Guelph on Nov 12. Patrick's Day at the Conestoga residence

Students hunt for little green men

By SARAHANNA BOURGESS

The halls of Conestoga yesterday exploded more than the average market on March 7, as a laparoscopic fund fold was held in the library.

At 8 p.m. Rebekah Sanders, resident advisor, welcomed those braving that there were 20 paper laparoscopic funders around the sounds of the cardinals.

Those who found one were told they would win a free residence if they found the resident who shot. The resident who shot, who included residents and friends, were anxious for the hunt to begin.

Sam Brown, a third-year architecture student, said, "Many of the laparoscopic ones are hidden in a corner, some were obvious than others."

As the hunt progressed, sev-

eral students were on a laparoscopic hunt, eager to find that last laparoscopic before someone else did. Some of the players had found their laparoscopes early during their search.

Some students on the hunt searched in places a little others worked on their own.

The laparoscopes were laid out in hallways, stairways, the kitchen and many other places. Rooms located throughout the residence as well as all 16 were found, players returned in the lobby to claim their prize.

"I'm glad everyone enjoyed themselves. The hunt was a hit with the students and the new General's trophy," said Sanders, a second-year architecture student and host of the event.

Best study methods revealed

By SARAHANNA BOURGESS

There are a variety of different study methods and little one technique, but have one demonstrated which one works best for you? A study conducted by David Simola, a professor at the international business management program, and Tami Wigel Green, the information literacy consultant at the Library Resource Centre, discovered the most effective ways to prepare for a test and how to find them.

"There are so many different study methods," said Simola. "We wanted to know what was the best one? And how we could put together a manageable list of them."

Last year, 120 business and hospitality students anonymously answered questions about their study methods. The survey was divided into three areas: finding a book, note taking, knowledge on test and collection, knowledge application, knowledge sharing and validation, knowledge retention and review of lessons learned. Simola and Wigel Green said these are stages the knowledge management cycle.

The results were divided into two groups, those students who had a average score ranged from 50 to 70 per cent and those who

scored averaged 80 per cent or above. According to Simola, these results were used to determine which study method students used most often, as well as which were used most effectively more by the students who averaged over 80 per cent.

Personally, I think the way you study is as important," said Simola. "Truth and it is really happy that we did the study and also with the results we obtained — we look back the results are what things that students can immediately use to improve their performance on exams."

"The final list, revealing the best study practices for students, was released at the Employees for Excellence in Education (E3E) Conference last June. At least one practice is included from each stage of the knowledge management cycle on knowledge and Wigel Green, discovered that students average on multiple study methods. The final list of the best study techniques for the two groups are outlined as follows:

1. Study 1: For a goal for how well you would like to do on an exam by thinking about how well you would like to do on the course.

2. Study 2: Find out what is on the exam, what the format is and the best way to write it by studying the test.

3. Study 3: Figure out the best way to study for the

exam by thinking about how you have been and what has worked for you.

4. Study 4: The materials provided by the instructor in preparing for your exam.

5. Study 5: When exposing your information, figure out what you know already and what you still need to study.

6. Study 6: Decide which study materials are based on what information you have about the exam.

7. Study 7: After checking how well you know the material, make sure you are studying the areas you don't know.

8. Study 8: Before the exam, do some sort of check on whether you know the material using an approach which works for you.

9. Study 9: When writing an exam, make sure you understand each question before answering it.

10. Study 10: When you have received the results of your exam, review the feedback to identify what you did well and what you could improve.

Successful students indicate their time to studying and learning new material. If you ever find yourself struggling with studying for a test, do some or none, consult this list. It will not only give you an idea, but will ultimately help you discover which study method works best for you.

Valentine's sale a sweet success

By JIMMY GIBLIN

The Guelph Rotary Valentine's sale in support of the CRI fund bank was a huge success, raising \$200.

The team of hard working volunteers offered a variety of products — from bags, purses, scarves, Shirts, Pajamas and more. Shave — even able to purchase highly priced jewelry items for the hot items with the profits from their candy-bait project, which was a combination on part of their project management success.

Donations to the fund bank are accepted anytime, and can be dropped in the box by the CRI staff every week.

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Rangers' minor hockey 'super team' rejected by parents

By IRVIN FORD

The Kitchener Rangers thought they were giving a late Christmas present to the community when they announced plans to find what could only be described as an elite minor hockey team program in Kitchener-Waterloo.

The next year proposal would see the Kitchener-Waterloo Hockey Association and Waterloo Minor Hockey Association merge a triple A team at the minor league through major budget level, ages 16-17 numbers to play under one banner. This would have meant that the night triple A teams the associations currently have at those age levels would have been cut in half to four and 68 fewer players a night. It would have a chance to play AAA.

In exchange the Rangers would select a short list of coaches for those "import" teams and provide \$50,000 a year to fund the program. The program would be overseen by a management committee consisting of the Rangers, Kitchener minor hockey and Waterloo minor hockey officials with each party having one vote. A general manager type figure from the Rangers would chair the board but not have a vote.

Minor league and major budget triple A teams of Kitchener and Waterloo would merge and play out of Kitchener in the KW Rangers.

Major league and major budget triple A teams of Kitchener and Waterloo would merge and play out of Waterloo in the KW Wolves.

"I would have to say it's 50 per cent a go," said Kitchener major budget triple A head coach Todd Brown on a late December

night in The Record when news of the plan first broke. "It will help the development of the kids playing with better players from top to bottom and there will be more depth on every team. It will only make the experience better."

The Kitchener Rangers, a publicly owned Ontario Hockey League team since 1993, offered the funding because they want to set local talent development and have some KW teams compete on the Toyota Cup and OHL Cup.

It's about the big picture. If the Kitchener Rangers are involved, it's for the right reason. It's simply about the development of your child.
— Rangers GM and head coach Steve Sport

The Toyota Cup is the national championship of major budget hockey and the OHL Cup is a tournament organized annually for OHL teams to see top-rated prospects. The Rangers believe they can benefit player development by having elite local players playing with one another.

"It's very positive for the players in Kitchener and both associations," and Kitchener Minor Hockey Association president, Tom Grimshaw of the proposed merger. "What the Rangers are doing for this they really don't have any program out of the outside of helping local players."

There's no doubt the Rangers would be funding a more competitive team in the

KW area but what would it do in neighbouring programs such as the Cambridge Minor Hockey Association?

"Under the current system Cambridge competes with Kitchener and Waterloo," said CMHA president John van Breda when hearing of the proposed merger. "What you would lose those two teams, we will not compete."

Cambridge currently has 1,500 registered players and can draw players from Ayr, Brantford, Mississauga and Shrewsbury. That puts it on par with the 1,500 players in Kitchener and 1,500 players in Waterloo which also draws from Elgin and New Hamburg. The merger would leave Cambridge stripped with less than half of the amount of registered players in their talent pool than the proposed KW program and it would effectively end the Toyota cultural hockey exchange program. The program is the seventh year of a more formalized exchange between Kitchener, Waterloo and Cambridge despite which some kids in local contracts in Japan is nearby.

CMHA's van Breda had a couple of ideas for what changes the association would have to make due to the merger.

"One of them is to withdraw from triple A hockey. That's an option. It's not one I want to do," said van Breda. "We would also look at compensating with some extra money to what we give when in the same deal."

The only would the merger hurt the CMHA, parents and coaches in Waterloo weren't exactly convinced amalgamation was the right decision for their association.

Recently 180 concerned people showed up for a Waterloo minor hockey information session on the proposed merger Jan. 18 at RIM Park.

With a petition of over 400 signatures and 68 concerned parents and coaches present at the WMHA, based vote 10-4 in favour of the merger. Green was noting those who passed the decision to initiate the decision in person.

The board has done some really good things. They've created some pretty good programs in terms of how they feel about Waterloo minor hockey," said Green following the vote. "That's a process. We respect the board."

The process Green was specifically referring to was the September 2000 vote in which 10 per cent of mem-



PHOTO BY IRVIN FORD

Ken Martin of the AAA major budget Waterloo Wolves stands down the ice during a break in action against London Knights March 14 at RIM Park.

One of the people in attendance was Rob Green, head coach of Waterloo's major budget AAA team.

"I explain you to slow down," Green told officials WMHA officials during the session. "Working in the decision is only going to hurt an sport it's not going to pull on together."

The WMHA announced they would vote on the matter Jan. 18 in preparation for the vote. Green and Waterloo's major budget association coach Doug Snyder insist that a petition to end the vote in Waterloo minor hockey a full member shop.

"If you're ahead of speaking up for something that's right because you think you had to go to get blockaded if you do, I just don't know. People need to be prepared to stand up for what they think is right and Snyder is inspired in the Rangers wanting something to end the vote in Waterloo minor hockey. I have pride in this city. Waterloo minor hockey should not be easily a private club."

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bership can call a vote on any matter. With over 400 signatures the petition met those requirements and a full membership vote was set for Feb. 24.

The meeting was held at RIM Park with the vote taking place in Forbes Hall. Kitchener Rangers head coach and general manager Steve Sport, whose 30-year old son plays in Waterloo minor hockey spoke before the voting took place.

"I do have a son that plays in the organization. It's not about that. It's about the big picture. I'm asking every body here tonight for trust and speed. If the Kitchener Rangers are involved it's for the right reason. It's simply about the development of your child."

Despite the plan, members of the association voted 100-150 in a secret ballot to overturn the decision of their board and not amalgamate with Kitchener.

"It's a last opportunity and Waterloo minor hockey president Al Beardsley following the vote.

Beardsley president Michael Lunnos also commented on the decision.

"I don't think we're doing good," said Lunnos. "It's an opportunity we presented to the community. Obviously, the people of Waterloo minor hockey, the parents decided they don't want the uppercut. We'll go on from there."

The decision means things will remain the same in the local minor hockey community. Wolves on one side of the board and Rangers on the other. Also 68 kids that would have not from AAA teams in the proposed merger. Or better or worse will still get a chance to play at the highest level possible.



The Cambridge Minor Hockey Association would have led the plan of a hybrid pool to attract fans from the proposed KW merger in fact. The merger would also have effectively ended the Toyota cultural exchange program and possibly forced Cambridge out of AAA.



PHOTO BY BRANDON REICH
The club is located at Waterloo Park at 82 Central St.

Inside the Waterloo Tennis Club are six hard courts which are used by members, coaches, students and the public. The club is located at Waterloo Park at 82 Central St., and has been in operation for 67 years.

Waterloo Tennis Club lives on

By BRANDON REICH

The sounds you hear at Waterloo Park are more varied than at other parks thanks to the Waterloo Tennis Club.

You'll hear tennis balls being smacked, hear mugs clinking, constant laughter and the odd vulgarism of someone between a second serve.

"It's always a party," said Joanne Raymond, who has been a member for 60 years.

"Everyone knows everyone by name and when people walk in they feel at home," said Danette Parker, a recent tenant of the club.

"Even on a Friday night you will find a lot of members still hanging out upstairs," said Helen Nelissen, who has been a member for 78 years.

But it wasn't always like that.

Two years ago, the Waterloo Tennis Club celebrated its 67th year of providing the

sport to members and the community. But at the same time it almost closed its courts to the public.

"As a coach business was just awful and as a club it was scary to look at," said former head pro Dave Rawat.

As well, the club had just released its previous manager and a replacement was still up in the air.

"We needed a sports guy who knew business, tennis and had a social side," said John Murray member and former International Tennis Federation (ITF) player.

Come that December the club had found its new man, says John Besser, from the board down under.

He didn't come with any tennis bags, Besser smiled his or words of encouragement to come from across Australia and brought over 10 years of experience in managing multi-million-dollar sports clubs.

"I felt this was a job where I

could build my resume and also help to keep the longevity of the club," said Besser.

Thanks to his in business and having a marketing and business background, along with being somewhat knowledgeable about tennis, made the transition a little easier for him.

Right away, the "club had no" began.

"Our staff examined the club and like there were two main issues that needed to be dealt with immediately," said Besser.

The exterior and interior of the club was beginning to look out of date and the kitchen was looking like the new place for aquatics. The clay tennis courts outside were becoming a third level in the sun and the courts inside were consistently covered in ice and had been there for over a decade. Besser began working on issues and the number of people in the social social rooms was shrinking too. Most importantly, not enough members were renewing their membership and new people wanted to become a new member.

"We had less than 200 members and for over 60 years the club should be more," said Besser.

To help fix the problem, the price of memberships was lowered, facilities and facilities such as the bar, TV, lounge area and picnic area were renovated and available facilities were added.

Even though renovating the club looked like it might take the club some time, the club could provide the space, location and potential to become a successful and stable tennis club.

"Everything is here, a place to build and grow and we were offering a sport that is still being experimented here," said



PHOTO BY BRANDON REICH

The floor and furniture of the Waterloo Tennis Club were replaced with insulated hardwood and leather coaches.

Roy Allen, one of the coaches at the club.

As the two main problems began to disappear, little things began falling in place as well.

"Tennis companies wanted us to sell and promote their products, our request to have a women's ITF tournament was granted, coaches wanted to come work for us and members really did begin to think that this was their home," said Besser.

"It was an improvement from the days we were in."

In just over one year, the club had done a complete 180.

People were calling and entering the club asking for membership rules and having rules and asking for letters of the family to help determine if they wanted a membership. Members were staying longer after their tennis was over, participating in the history program and kids began playing in the lounge.

"One day you have all the room for a kid and the next day you have to tell them you are full," said Besser. "Kind of a win-win."

Present day, the club looks as good as a one-handed back

hand cross court from Federer.

"Our lounge looks better than my living room," said Allen.

"It's not quite Roland Garros where the French Open is held, but the courts look great," said Murray.

The club has new facilities, new paint on the courts, a new kitchen for preparing the quality of the clay courts outside and a team that is still working on maintaining and improving the quality of the club.

"Having an idea is one thing but executing it is totally different. It was a club that made this club run," said Besser.

Just recently Besser resigned as manager of the club to take on a new job opportunity but the effort and ideas that he created to change this club will benefit it for years to come.

"John told all the members what the objectives were and how he would tackle them. He tackled them and I respect him a lot for that," said Murray.

"The decade that was in my mind about this club's future is now gone," said Allen.



PHOTO BY BRANDON REICH

The city courts at the Waterloo Tennis Club (middle of the bar, are the only clay courts in the city.



COUNSELLOR'S CORNER: A Healthy Lifestyle

The pressures of school can easily cause students to lose the balance between taking care of themselves and the need to put their best efforts into succeeding academically.

School, part-time jobs, family and relationships all make demands on us which can cause stress and stress-related illnesses. But there are ways to maintain our health and keep an equilibrium between competing demands on our time and energy. Scheduling in time for self-care may mean reserving several hours a week for a fitness activity we enjoy. We need friends we can talk to about personal matters and daily life, and people to just "hang out" with and do something purely for fun. We need to feel comfortable in being alone, with time for relaxation and quiet reflection.

Getting eight hours of sleep nightly, eating at least one hot, balanced meal daily, maintaining appropriate body weight and monitoring our use of alcohol, caffeine and tobacco are choices that will help us live longer and prevent illness.

Living a healthy lifestyle will also help now, by boosting concentration, memory and stamina. Having a balanced, healthy lifestyle helps us feel more relaxed, in control of the present and our future direction.

A Message from Counseling Services, 1A101

Culinary students learn from the master

By AMY HENNETT

Culinary students at Davenport College's Waterloo Campus headed the best on March 5, when they were voted by a master chef.

Samir Lee, the second place winner of last year's Top Chef Masters television show, worked with the students to prepare a four course meal to raise money for the Samir Lee Award of Excellence Scholarship.

The Waterloo campus' eleven restaurants hosted about 75 chefs, and raised about \$8,000.

The meal consisted of risk of lamb with a chocolate sauce, spicy lobster tart with tomato, mineral white rice with lemon grass, yeast and salmon rice.

Those that enjoyed a dinner of vanilla potato cobs with potato pie and raspberry "mashed" as a dessert that night.

Lord of the Dance coming to Kitchener

By ERIC ARNOLD

Michael Flatley's Lord of the Dance, the Celtic dance performance group, is coming to Kitchener's Grand in the Square on March 27.

Tickets will between \$45 and \$75 at regular prices, and \$65.00 and \$97.00 at our site pricing.

This award winning show has been performed internationally for over a decade and tells a story of Irish folklore through dance.

For those who want to enjoy

watch the Lord of the Dance at a cheaper cost, Empire Theatres will be hosting the Lord of the Dance's first show in Kitchener.

Adults can enjoy the show at the Kitchener Empire Theatre location for \$12.00. Children are \$12.00 and seniors are \$15.00.

The seven screening runs on select days from March 28 to 29. For tickets to the 19th performance go to www.empiretheatre.com to view a complete listing.

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